



**BUSY MUM FITNESS**

**BASIC  
SHOPPING  
LIST**



**KELLYRENNIEBUSY MUM**



**BUSY MUM FITNESS**

## **FRUIT AND VEGETABLES**

**Green Vegetables: Spinach,  
Beans, Broccoli, Kale,  
Savoy Cabbage, Asparagus,  
Brussels Sprouts, Cauliflower,  
Spring Greens, Pak Choi,  
Courgette (Zucchini)  
Carrots  
Celery  
Leek  
Parsnips  
Mushrooms  
Red/Green/Yellow Peppers  
Cucumber  
Aubergine (Eggplant)  
Onions  
Tomatoes  
Sugar Snap Peas  
Avocados  
Sprouted Seeds  
Blueberries, Raspberries,  
Strawberries  
Apples and Pears  
Bananas  
Lemons/Limes  
Coconut  
Garlic  
Sweet Potato**

## **MEATS/POULTRY/SEAFOOD**

**Eggs  
Lean Organic Protein  
- Chicken, Turkey  
and/or Meat (Steak)  
White Fish  
Wild Salmon  
Mackerel, Tuna  
Prawns/Shrimp**

## **MISCELLANEOUS**

**GREEN AND HERBAL  
TEABAGS  
ORGANIC BROWN RICE  
ORGANIC GLUTEN FREE OATS  
ORGANIC QUINOA  
FLAXSEEDS (LINSEEDS)  
HUMMUS  
ALMONDS, BRAZIL,  
WALNUTS, PECANS (OR MIX)  
TAMARI (WHEAT FREE  
SOY SAUCE)  
WORCESTERSHIRE SAUCE**

## **FATS/OILS**

**ORGANIC GRASS FED BUTTER  
COCONUT OIL  
ORGANIC EXTRA  
VIRGIN OLIVE OIL**

## **OTHER:**

**NATURAL PROTEIN  
POWDER – POWER SHAKES**

**\*PLEASE NOTE, THIS IS JUST  
A BASIC SHOPPING LIST,  
WE LEAVE IT THIS WAY SO  
YOU CAN CREATE YOUR OWN  
FLEXIBLE MEAL PLAN TO SUIT  
YOU AND THE FAMILY.**

# SUPPLEMENTATION

This section is **OPTIONAL**, although I strongly believe that supplementing alongside the Program will accelerate your results. Even though you will be getting a lot of nutrients from the meal plan provided the supplements will help to further support your fat loss.

**ON the Busy Mum Program we recommend our Busy Mum Plant Based Protein & Supplements– Highest quality sourced and you get \$10 off your first order.**

## **1. NATURAL PLANT BASED PROTEIN FOR YOUR Power Shakes & PROTEIN BALLS**

**CLICK HERE TO PURCHASE**

## **2. HYDROLISED COLLAGEN – YOUNGER SKIN, HEALTHY HAIR & STRONG GUT**

**CLICK HERE TO PURCHASE**

**EPSOM SALT BATH – Making sure we eliminate and manage stress is essential for fat loss. Soaking in an Epsom Salt bath has many benefits. Not only does it improve circulation, flushes out toxins, eases muscle pain & inflammation and relieves stress caused by excess adrenaline, but also helps elevate serotonin which creates feelings of well being and relaxation, improves absorption of nutrients and oxygen and most importantly will assist with fat loss due to it acting as a delivery mechanism for blood sugar into the cells.**

**Important: Before taking any supplement, talk with your health care provider about whether you have any reason you shouldn't be taking it.**